North Clackamas Schools

Elementary School Menu
December 2026

BREAKFAST MENU

Assorted cereals and yogurt or a cheese stick are available daily. Breakfast includes a choice of fruit & milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks WG Syrup	**Scrambled Eggs & Toast** WG	**Pancake Bites** WG Syrup	**Sausage** (turkey) **Breakfast Pizza** WG	**Cranberry Muffin** WG

NUTRITION: GAME ON!

NUTRITION: GAME ON! Dani and Leo are on a mission to discover global flavors for their class presentation! Can you help them explore meals from around the world? Flip to the back of the menu to join the quest and complete today's activities!

GLOBAL GATHERINGS

LUNCH MENU - CHOICE ONE

Specialty green salad with dinner roll WG or sun butter with jelly sandwich WG & cheese stick served daily.
All lunches include a choice of fruit, vegetables, & milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Chicken Tenders WG	**Cheese or Pepperoni** (beef/pork) **Pizza** WG	**Mozzarella Sticks** WG Marinara Dipping Sauce	**Grilled Cheese Sandwich** (vegetarian) WG	**Crispy Chicken Sandwich** WG

LUNCH MENU - CHOICE TWO

WRAP & ROLL

	1 **Mac & Cheese** (vegetarian) Roasted Broccoli	**2** **Nachos** (beef) WG Baked French Fries	**3** **Pancake & Sausage** (pork) Roasted Carrot Fries	**4** **Toasted Ham** (pork) **& Cheese Roll-up** WG Corn & Pepper Salad
7 **Orange Chicken & Rice** Green Beans	**8** **Spaghetti** WG **& Meat Sauce** (beef) Roasted Broccoli	**9** **Corn Dog** (chicken) WG Baked French Fries	**10** **French Toast & Sausage** (pork) WG Roasted Carrot Fries	**11** **Ham** (pork) **& Cheese Honey Mustard Wrap** WG Corn & Pepper Salad
14 **Teriyaki Chicken & Rice** WG Green Beans	**15** **Chicken Alfredo** WG Roasted Broccoli	**16** **Nachos** (beef) WG Seasoned Black Beans	**17** **Popcorn Chicken** WG **& Mashed Potato Bowl** Dinner Roll	**18** **Toasted Ham** (pork) **& Cheese Roll-up** WG Corn & Pepper Salad
21	**22**	**23**	**24**	**25**
❄ ❄ ❄ Winter Break - School not in session ❄ ❄ ❄				
28	**29**	**30**	**31**	
❄ ❄ ❄ Winter Break - School not in session ❄ ❄ ❄				

2026-2027 Meal Prices	Meal at Breakfast	Meal at Lunch	Milk Only
Students	$0.00	$0.00	75¢
Adult Meal	$3.40	$5.35	75¢

chartwells
serving up happy & healthy

Questions or comments? Call NCSD Nutrition Services at (503) 353-6068. WG = Whole Grain.
All menu items are subject to change depending on product availability. This institution is an equal opportunity provider.

NUTRITION: GAME ON!





QUEST: Dani and Leo are putting together a class presentation about the meals eaten in different countries. What can they learn about global flavors in the cafeteria?

Mei Market Introduces Dani & Leo to the international food Aisle
Clara Curious Explores how climate affects the food eaten around the world.
Chef Sizzle Uses international ingredients to make a multi-cultural feast!

HOW DOES CLIMATE AFFECT THE FOODS WE EAT AROUND THE WORLD?

Clara explored popular food from different parts of the world and matched them to the climates where their main ingredients grow best.



QUESTION: Does weather—like temperature, sunlight, and rain—change what plants grow and what ends up on our plates?

IDEA: If plants grow best in certain climates, then those foods will be common in dishes from that region.

WHAT CLARA NOTICED: Warm climates feature tropical fruits and spices, cooler climates rely on greens and grains, and Mediterranean areas showcase tomatoes and pasta. Climate clues shape foods everywhere!

SCIENCE SAYS... CLIMATE MATTERS!
Weather conditions—temperature, sunlight, and rainfall— help decide which plants thrive. Those plants become everyday ingredients, creating the flavors of global foods.

EXPLORER'S ELOTE STREET CORN

INGREDIENTS:

- 5 cups frozen corn kernels (about 1 lb)
- 1½ tsp chili powder
- 1½ tsp butter or neutral oil
- 1 tbsp grated Parmesan cheese
- 1 tbsp mayonnaise
- ¾ tsp fresh lime juice
- 1½ tsp fresh cilantro, chopped





STEPS:

Preheat oven to 400°F. Toss frozen corn with butter (or oil) and chili powder. Spread on a baking sheet in a single layer. Roast 10–12 minutes, stirring once, until lightly golden. Transfer to a bowl and stir in Parmesan, mayonnaise, and lime juice. Garnish with chopped cilantro and serve warm.

Chef's Tip: For extra street-corn flavor, swap Parmesan for cotija cheese or add a pinch of chili-lime seasoning.

WORD FINDER

Help Mei find her grocery list.



Q	Q	W	L	C	E	W	M	A	N	G	O	H	G	Q
V	J	F	O	H	V	T	N	W	T	O	M	A	T	O
S	P	I	C	E	J	K	C	S	T	N	B	L	P	Q
R	D	X	M	V	P	B	H	B	K	Y	A	W	E	K
P	A	S	V	Z	N	B	A	I	G	N	Z	G	Z	K
F	H	T	V	S	O	L	O	N	S	A	T	B	J	P
W	M	U	O	B	O	T	V	K	A	P	I	A	F	I
N	Y	A	X	R	T	A	K	S	C	N	B	Q	S	N
P	R	H	M	B	T	J	P	F	P	H	A	R	N	E
V	S	Z	M	O	S	I	K	T	R	R	O	G	R	A
U	E	E	I	P	I	X	L	B	C	P	M	Y	A	P
X	V	L	C	A	N	B	M	L	J	A	C	B	N	P
R	I	C	E	J	R	E	K	C	A	U	K	K	Y	L
M	F	P	G	E	P	A	P	A	S	T	A	Y	Q	E
A	T	W	P	C	D	N	P	I	U	H	K	N	B	W

BANANA
BEAN
BOK CHOY
MANGO
PASTA
PINEAPPLE
RICE
SPICE
TOMATO
TORITILLA

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